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	<p>1 Chicken Marsala 10:30 Art Therapy- Mandela Coloring  10:30 Chair Yoga-Video 1:30 Writers Group</p> <hr/> <p>Hockey & Football Word Searches </p>	<p>2 Cheeseburger w/ Lettuce, Tomato & Red Onion 9:00 Mah Jongg 10:30 Massage w/ Loretta 12:45 Chair Yoga w/ Beth 12:45 Movie Day- "Poms " </p>	<p>3 Stuffed Sole ----- MONTHLY BIRTHDAY PARTY </p>	<p>4 Hungarian Goulash 9:00 Bus departs for the Senior Dine & Tour 10:00 Stretch & Tone 11:00 Nutrition Presentation w/ Marta from Cornell 1:00 Canasta</p>
<p>7 Baked Salmon w/ Lemon Herb Sauce 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:15 Meditation & Relaxation 11:30 World Teacher Day</p> <hr/> <p>Teachers Word Search & Info </p>	<p>8 Meatloaf w/ Mushroom Gravy 10:00 Knitting & Crocheting</p> <p>10:45 ADC Mini Walk Fundraiser </p> <p>1:30 Writers Group</p>	<p>9 ----- 10AM BRUNCH SERVED CENTER CLOSÉS @ 12 NOON FOR STAFF TRAINING ----- 6:00 Grandparents Raising Grandchildren Support Group (dinner served @ 6m)</p>	<p>10 BBQ Pork Loin 9:00 Frank Masterson- SCOFA Advocate 10:30 Coffee and Conversation</p> <hr/> <p>THRIFTY BOUTIQUE SHOP IS OPEN! </p> <hr/> <p>3-5pm SAGE East End Mingle (snack served)</p>	<p>11 Stuffed Cabbage 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:00 Basic Conversational Spanish (pre-registration required- see Ruth or Luci to sign up) 1:00 Canasta 1:00 Bus departs for the Cornell Cooperative Ext. Marine Program at Tiana Bayside (pre-registration required-call or see Heather to sign up)</p>
<p>14 CENTER CLOSED COLUMBUS DAY</p> 	<p>15 Fried Chicken 9:30 FAN FOOD @ BISHOP RYAN 10:30 Chair Yoga-Video 11:00 In and Out of the Garden w/ Mary 1:30 Writers Group</p> <hr/> <p>Columbus Day/ World Explorers Word Search </p>	<p>16 Macaroni Beef & Tomato Casserole 9:00 Mah Jongg 12:45 Chair Yoga w/ Beth</p> <hr/> <p>Solve the Riddles </p> <hr/> <p>6:00 Adult Children's Support Group (dinner served @ 6pm)</p>	<p>17 Flounder Florentine 10:00 Sing-A-Long 10:30 Coffee and Conversation 12:45 Movie Day- "Poms " </p>	<p>18 Oktoberfest Sauerbraten 9:00 Exercise w/ Larry 10:00 Stretch & Tone 3:00 Canasta 4:30-7:00 Game Night (pre-registration required) </p>
<p>21 Stuffed Peppers 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:15 Meditation & Relaxation</p> <hr/> <p>Candy Word Search </p>	<p>22 Beef Stew 9:00 Hand Reflexology w/ Pam Normando 10:00 Knitting & Crocheting 10:30 Chair Yoga-Video 1:30 Writers Group</p> <hr/> <p>THRIFTY BOUTIQUE SHOP IS OPEN! </p>	<p>23 Orange Ginger Roast Pork 9:00 Mah Jongg 10:00 Art Therapy- Pumpkin Painting  12:45 Chair Yoga w/ Beth</p>	<p>24 Beer Battered Cod 10:00 Sing-A-Long 10:30 Coffee and Conversation 3-5pm SAGE East End Mingle (light dinner served)</p>	<p>25 Roast Turkey & Gravy 9:00 Exercise w/ Larry 10:00 Stretch & Tone 11:00 Basic Conversational Spanish (pre-registration required- see Ruth or Luci to sign up) 1:00 Canasta 10:00 Stretch & Tone 1:00 Canasta 2:30 Book Discussion Group- "Rules of Civility"</p>
<p>28 Eggplant Parmesan 9:00 Exercise w/ Larry 10:00 Stretch & Tone 10:00-2:00pm FREE Application Assistance for Medicaid Programs 11:15 Meditation & Relaxation (in the Arts & Crafts Room)</p>	<p>29 Chicken Marsala 9:00 Hand Reflexology w/ Pam Normando 10:00 Fill Goodie Bags for our Homebound Friends 10:30 Art Therapy- Mandela Coloring  10:30 Chair Yoga-Video 1:30 Writers Group</p>	<p>30 Cheeseburger w/ Lettuce, Tomato & Red Onion 9:00 Mah Jongg 10:30 Massage w/ Loretta 12:45 Chair Yoga w/ Beth 12:00 Caregiver's Support Group (lunch served at 12noon)</p>	<p>31 Stuffed Sole 10:00 Sing-A-Long 10:15 Coffee and Conversation - (early start) 11:00 Halloween Party</p> <hr/> <p>Halloween Word Search </p>	<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday ----- Shopping in Hampton Bays Every Wednesday w/ Shuttle Buses </p>